**QUINOA SENSATION**

1-cup quinoa

1 cup mixed veggies (I used frozen organic, corn, peas carrots)

2 veggie burger or 1 cup mushrooms (Wildwood Southwest Veggie burger is the one I used)

1 stalk rosemary

Liquid amino to taste, or sea salt (Liquid amino may be better), or 1 veggie bouillon.

1 cup Fresh Veggies  (can be varied I used broccoli and Baby brussel sprouts)

1 large onion

1 medium red pepper

2 bulbs of garlic (I am a garlic lover I always put more)

1 tsp toasted sesame oil

3 bulbs scallions

1 tsp cayenne pepper

Toast Quinoa after you wash until it smells nutty, rosemary is being toasted as well then pour 2 cups water and cook under medium heat.

Blanche all veggies for 2 to 5 mins (to keep the crunch)

In cold presses oil sautee onions, garlic, red peppers and veggie burger for 10 mins (and then add my secret ingredients which was a lentil soup I made the night before.) Optional

Pour veggies; saute stock, cayenne and chopped scallions over cooked Quinoa pour in Liquid Amino to taste.

Enjoy!